## ABSTRACT OF THE DISCLOSURE

To provide an information output apparatus in which even when the output of an isochronous packet containing the audio information or the like is suspended and restarted, the process for the audio information or the like can be quickly resumed and the occurrence of the headless state of the audio information after resumption of the process can be prevented.

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In an information output apparatus for outputting an isochronous packet containing the audio information and the sync information, it is determined whether the audio information is output or not (step S1), and when the audio information is not output, a soundless packet containing the fixed value information having a preset fixed value replacing the audio information and the control information is output (steps S9, S11)